

# Which RMA FST™ Panel Is Right for You?

There are three panel options available to meet your needs:

## RMA FST™ Basic

Over 125 foods

## RMA FST™ Vegetarian

Over 160 foods

## RMA FST™ Enhanced

Over 220 foods

You want to choose a panel that best reflects you and your eating habits, and is the best value for money. Don't eat meat, fish or seafood? Try the Vegetarian panel. Mainly interested in your reactivity to the most common food sensitivities? Perhaps the Basic panel will do. Wondering if you should select the Enhanced panel? To make a confident choice, it is important to consider all of the foods that you consume on a regular basis.

## When to Select RMA FST™ Enhanced

Below is a list of foods included in the **RMA FST™ Enhanced** panel *only*. If your diet includes **four\* or more foods**, the **RMA FST™ Enhanced** panel is the best option of you.

**Note:** This is a condensed list. See the **Antigen List** for the full list of foods.

### Fruit

- ☐ Blueberry
- ☐ Mango
- ☐ Pomegranate
- ☐ Raisin
- ☐ Tangerine
- ☐ Watermelon
- ☐ Date
- ☐ Fig
- ☐ Papaya

### Vegetables

- ☐ Sweet Potato
- ☐ Shallot
- ☐ Arugula
- ☐ Zucchini (also known as Summer Squash)
- ☐ Butternut Squash
- ☐ Red Cabbage
- ☐ Radish
- ☐ Chard

### Nuts/Seeds

- ☐ Flax Seed
- ☐ Chickpea (commonly used in hummus and falafel)
- ☐ Macadamia Nut
- ☐ Fava Bean (also known as Broad Bean)

### Fish/Seafood

- ☐ Anchovy (commonly found in caesar dressing)
- ☐ Squid (used for calamari)
- ☐ Wakame (commonly used in miso soup)
- ☐ Spirulina

### Grains

- ☐ Quinoa
- ☐ Couscous
- ☐ Beer or Whiskey (often has Malt)
- ☐ Spelt or Amaranth (flours commonly used to replace wheat)
- ☐ Gluten-Free Breads (often has Tapioca)

### Meat

- ☐ Goat
- ☐ Rabbit
- ☐ Ox

### Herbs/Spices

- ☐ Herbal teas: Peppermint or Camomile (also spelled Chamomile)
- ☐ Rosemary
- ☐ Ginseng
- ☐ Cayenne
- ☐ Curry
- ☐ Ginkgo

### Miscellaneous

- ☐ Honey
- ☐ Jams, Jellies or Canned Soup (often has Agar Agar)
- ☐ Deli Meats or Chicken Nuggets (often has Transglutaminase)

\* Each of these antigens are available to order by your Healthcare Provider through Rocky Mountain Analytical, as an add-on to the Basic and Vegetarian panels. They are a minimum of \$25 each.

Learn more at: [rmlab.com/RMAFST](http://rmlab.com/RMAFST)

# Food Reintroduction - Symptoms Tracker

- Remove the foods that are reactive, following your Healthcare Provider's guidance and advice.
- Track your symptoms, and if they have improved, you may want to test yourself for reactions by slowly reintroducing foods into your diet. Consult with your Healthcare Provider before doing this.
- Choose one test food to reintroduce into your diet at a time.
- Using the tracker below, take detailed notes on how you feel, and make a point to notice everything you're feeling.

	Day 1	Day 2	Day 3	Day 4	Day 5
Time					
Food					
Digestion/Bowel Function					
Joint/Muscle Aches					
Headache/Pressure					
Nasal or Chest Congestion					
Kidney/Bladder Function					
Skin					
Energy Level					
Sleep					
Other Symptoms					